

PRE FILLER CARE INSTRUCTIONS

Always arrive make-up free with a clean face to your appointment.

A few simple guidelines before your treatment can make a difference. If you develop a fever, cold or flu, or develop a cold sore, blemish, or rash, etc. in the area to

be treated prior to your appointment, you must reschedule (we will not treat you).

It is recommended, if you have a special event or vacation coming up that you schedule your treatment at least 2 weeks in advance (we prefer 3-4).

If you are being treated in the lip area and have a history of Herpes (cold sores) with outbreaks more than 4 times a year we recommend that you are pretreated with medication.

Discontinue use of anti-inflammatory drugs (steroidal and non-steroidal) such as: Aspirin, Motrin (or any other Ibuprofen drugs) at least 3 days to 1 week before your treatment.

Arnica supplements prior to (5-7 days) and after any treatment can help to reduce the risk of bruising.

Discontinue use of any other blood thinning agents such as: Vitamin E, Vitamin A, Gingko Biloba, Garlic, Turmeric, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFA's and DHA's) etc. at least 3 days to 1 week before and after treatment to minimize bruising and bleeding.

It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, spicy foods, and cigarettes 3 days before and after your treatment. (All of these may increase risk of bruising)

POST FILLER CARE INSTRUCTIONS

Avoid significant movement or massage of the treated area. Unless instructed by the provider. Allow the area injected to "rest" for 72 hours for the filler to set.

Avoid strenuous exercise for 24 hours.

Avoid extensive sun or heat for 72 hours due to swelling.

Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.

If you have swelling you may apply a cool compress for 15 minutes each hour.

Use Tylenol for discomfort.

Try to sleep face up and slightly elevated if you experience swelling.